

# *Indiana: Primary Prevention of Type 2 Diabetes*

## **Did You Know? Type 2 Diabetes is preventable!**

- Diabetes affects over 455,000 Indiana adults (9.6%).<sup>(1)</sup>
- Of adults with diabetes in Indiana, 245,000 are women (10.1%) and over 205,000 are men (9.0%).<sup>(1)</sup>
- Nearly 39.4% of adults over 55 years of age and 9.5% of adults ages 45 to 54 have doctor-diagnosed diabetes.<sup>(1)</sup>
- In 2007, the estimated cost of diabetes care in Indiana was over \$47.1 billion.<sup>(2)</sup>

## **Risk factors for type 2 diabetes**

- Age: Risk increases with increase in age (especially 45 years and older). 21.2% of Indiana adults 65 years and older have diabetes.<sup>(1)</sup>
- Family history of diabetes: A history of diabetes in the immediate family doubles a person's risk of developing this chronic disease. People with both parents who have diabetes are 2 to 4 times as likely as people who do not have diabetes to develop this chronic disease.<sup>(6)</sup>
- Race/Ethnicity: Diabetes has a large impact on all racial/ethnic groups.
- History of gestational diabetes: Giving birth to a baby more than 9 pounds increases the risk of diabetes.
- Inactive lifestyle: Exercising fewer than three times a week increases the risk of diabetes.
- Other Chronic Conditions: There is an increased risk of diabetes in people with heart disease, high blood pressure, high cholesterol, arthritis, and those who are overweight or obese. Of Indiana adults with diabetes:
  - 70,000 (16.5%) also have heart disease.<sup>(1)</sup>
  - 260,000 (65.6%) also have high blood pressure.<sup>(5)</sup>
  - 235,000 (63.1%) also have high cholesterol.<sup>(5)</sup>
  - 225,000 (57.6%) also have arthritis.<sup>(5)</sup>
  - 370,000 (86.3%) are also overweight/obese.<sup>(1)</sup>

## **Did You Know? Before people develop type 2 diabetes they have “pre-diabetes”**

**What is pre-diabetes?** Pre-diabetes means blood glucose levels are higher than normal, but are not high enough to be called diabetes. People with pre-diabetes are more likely to develop diabetes within 10 years and they are more likely to have a heart attack or stroke.<sup>(7)</sup> An estimated 25% or 1,444,304 people in Indiana aged 20 years and older have impaired fasting glucose (IFG) or pre-diabetes.<sup>(8)</sup>

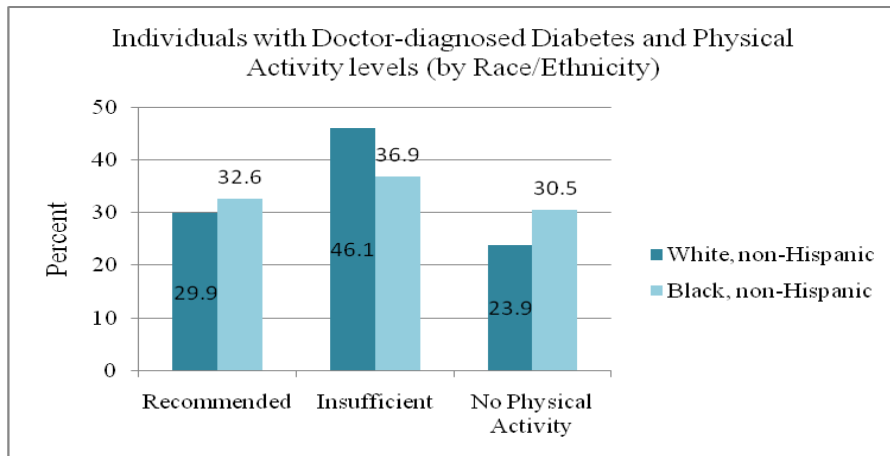
## **Take small steps to lower your risk for type 2 diabetes.**

### **1. Make healthy food choices**

- Consumption of healthy foods plays an important role in prevention and treatment of type 2 diabetes.
- It has been reported that 73.1% of Indiana adults with diabetes consumed less than 5 daily servings of fruits and vegetables.<sup>(5)</sup>
- Poor nutrition can increase the risk of type 2 diabetes.

### **2. Strive to be more physically active**

- Physical activity is another important factor contributing to prevention and treatment of type 2 diabetes.
- Just 30 minutes of moderate physical activity each day along with 5.0-10.0% reduction in body weight, produced 58.0% reduction in diabetes.<sup>(3)</sup>
- Almost 70.0% of Indiana adults with doctor-diagnosed diabetes do not engage in the recommended amount of physical activity.<sup>(5)</sup>



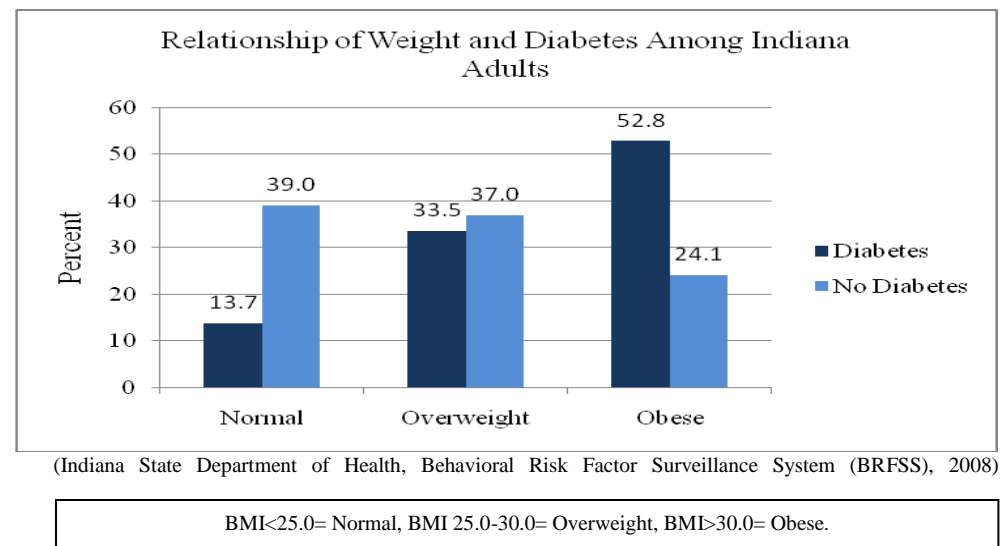
(Indiana State Department of Health, Behavioral Risk Factor Surveillance System (BRFSS), 2007)

### 3. Quit using tobacco

- Indiana adults who smoke have an increased risk of diabetes as compared to adults who do not smoke. The risk of developing type 2 diabetes is 44% higher in smokers than non-smokers. <sup>(4)</sup>
- 21.5% current smokers in Indiana also had diabetes. <sup>(1)</sup>
- People with diabetes who smoke are three times as likely to die of cardiovascular disease as are other people with diabetes. <sup>(3)</sup>
- People who smoke are more likely to have raised blood sugar levels making it difficult to manage diabetes. <sup>(3)</sup>
- People who smoke are more likely to get nerve damage and kidney disease. <sup>(9)</sup>

### 4. Set a weight loss goal *you can achieve*

- A good goal is to lose 5-7% of your current weight, if you are overweight, in order to prevent type 2 diabetes.
- Obesity increases the risk of type 2 diabetes. Indiana adults with diabetes are more than twice as likely to be obese than adults without diabetes (52.8% vs. 24.1% respectively). <sup>(1)</sup> Hence, weight management is an important parameter in the primary prevention of type 2 diabetes.



### Reference:

1. Indiana State Department of Health, Behavioral Risk Factor Surveillance System (BRFSS), 2008.
2. Based on 2007 BRFSS data & average health care cost of \$11,744.
3. American Diabetes Association: <http://www.diabetes.org/type-1-diabetes/smoking.jsp>. Date retrieved- October 22, 2009
4. Cleveland Clinic- Diabetes and Smoking.
5. Indiana State Department of Health, Behavioral Risk Factor Surveillance System (BRFSS), 2007
6. Zlot AI, Bland MP, Silvey K, Epstein B, Mielke B, Leman RF. Influence of family history of diabetes on health care provider practice and patient behavior among nondiabetic Oregonians. *Prev Chronic Dis* 2009; 6(1). 08/12/2009
7. NDEP website: [www.ndep.nih.gov](http://www.ndep.nih.gov)
8. Based on the national data provided by the U.S. Department of Health and Human Services stating that 25.9% of U.S. adults aged 20 years or older had IFG from 2003-2006 and the census data stating that 2,373,786 Indiana residents are 20 years and older.
9. American Heart Association: <http://www.americanheart.org/presenter.jhtml?identifier=3044775>. Date retrieved- October 22, 2009

For more information contact:

-[www.diabetes.IN.gov](http://www.diabetes.IN.gov)

-Indiana Family Helpline 1-800-433-0746

-National Diabetes Education Program 1-888-693-6337

[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

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